Newmarket News

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Community hub moves a step forward

LIZZY BUCHAN

A DISUSED middle school site could finally be on its way to becoming a community hub after progress stalled for months.

Sports and community groups packed out a meeting in Newmarket in December to discuss plans for the Scaltback Middle School site, in Elizabeth Way, which has sat vacant since the abolition of middle schools in Suffolk in 2012.

A county council survey found the majority of people wanted the site for community use and to enable current users such as Newmarket Rugby Club and Newmarket Joggers to continue to utilise the site.

Progress was put on hold when the Newmarket Free School, project, which was unveiled in April, expressed an interest in Scaltback and the former St Felix Middle School site, in Fordham Road.

But when the bid was dropped in September, Anglia Community Leisure (ACL), which manages leisure centres in Newmarket, Mildenhall and Brandon, came forward.

Warren Smyth, chief executive of ACL, said: "There was a free school bid which put eveything on hold for a long time.

"Our role at the moment is basically to look at the feasibility of creating a community sports hub at the site. We attended the meeting to hear people's views and we are talking to lots of stakeholders."

ACL will collate information and present it to the county council by the end of January.

Mr Smyth added: "This is brilliant in terms of finding out what the opportunities there might be for the site and we look forward to seeing what that might be in the New Year."

The proposal is still in its early stages but Cllr Lisa Chambers, who represents Newmarket and Red Lodge for Suffolk County Council, said she was excited by the progress.

She said: "It was really disappointing for me when the project was put on hold because I was really excited about the enthusiasm local clubs had shown about setting up a community sports hub.

"We can't afford to have it sitting there in the condition it is in. We need to get together and find the right solution for it."

Groups should email warren.smyth@angcomleisure.com or lisa.chambers@suffolk.gov.uk.

WHAT DO YOU THINK?

ARE YOU IN FAVOUR OF THE SCHOOL BEING TURNED INTO A HUB FOR COMMUNITY USE?

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newmarket-news.co.uk

CHRISTMAS MIRACLE: Zoe and Jon Eaton with their new baby girl

The best gift of all

A COUPLE received the best Christmas present of all as they welcomed their first child into the world in the early hours of Christmas Day.

Teacher Zoe Eaton, 34, of Red Lodge and her husband Jon, 37, an events manager in Cambridge, said they were absolutely delighted when their little girl was born on December 25 at 2.25am.

The baby girl was born at the Rosie Hospital in Cambridge, weighing a healthy 8lb 4oz.

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TALENTED: Megan Simpson's song, *Walking By*, will be helping to support local people who are homeless.

Schoolgirl's song to help the homeless

JORDAN DAY

A TALENTED schoolgirl has written a song to support homeless people in Cambridgeshire.

Budding singer/songwriter Megan Simpson, 13, was inspired to write *Walking By*, by Cambridge-based author, screenwriter and worker with the homeless, Alexander Masters, who is a family friend.

The song, in which Megan, who lives with her family in Exning and is a pupil at Soham Village College, sings and plays the piano, is now available to download.

The money made from each download will go directly to Cambridge Cyrenians and WinterComfort, both of which support those who are homeless or vulnerably housed in the Cambridge area.

Megan said: "I enjoyed everything about composing and producing the song.

"Two downloads will cover the equivalent of the cost of a hot breakfast for a homeless person."

Visit http://megansimpson.bandcamp.com.

Burglars disturbed by residents

BURGLARS fled after being disturbed by a brave resident in Gazeley.

Offenders arrived in a blue Renault Megane Scenic with the lights turned off before trying to steal saddles from a property in Moulton Road at 8pm on December 16.

However the victim heard the car and raised the alarm before removing the keys from the vehicle.

Police officers, assisted by helicopter and dog units, searched the area for the offenders after two men were seen to run towards the village.

The suspects' vehicle, a blue Renault Megane Scenic, had two Hayter lawnmowers in the back as well as other property.

These items are being linked to two other burglaries which took place at properties in Bury Road, Newmarket, between December 8 and 17.

Anyone with information should call police on 101.

Car failed to stop at crash

AN APPEAL has been launched following a four-vehicle collision outside Newmarket where a car failed to stop.

Police are appealing for witnesses to the incident on Friday, December 27 at 12.45pm on the eastbound carriageway of the A14 near to Newmarket.

A lorry, a Hyundai, a Honda and fourth vehicle were in a collision but the fourth vehicle, believed to be a maroon coloured estate car (possibly a Peugeot 405), failed to stop at the scene and was seen to leave the A14 at the A142 junction.

There were no serious injuries but the A14 was closed for a short period whilst the vehicles were removed from the carriageway.

Police are keen to hear from anyone who witnessed the collision or from the driver of the maroon coloured car.

Calls should be made to PC Ryan Harris at the Bury St Edmunds Roads Policing and Firearms Operations Unit on 101.

Man charged with murder after stabbing in Mildenhall

■ LIZZY BUCHAN

A MAN has been charged with murder following a stabbing which shattered the peace of a quiet cul-de-sac just days before Christmas.

Andrew Turner, 49, of Pembroke Close in Mildenhall, appeared at West Suffolk Magistrates Court on December 23 charged with the murder of 40-year-old Paul Bone in the early hours of December 20.

Paramedics attended but Mr Bone was pronounced dead at the scene.

A police spokesman said a post mortem had been carried out, which confirmed he had died from a stab wound.

The case was sent to Ipswich Crown Court on December 23 for a preliminary hearing.

Turner made no application for bail and was remanded in custody until March 13 when he will appear at the same court for a plea and case management hearing.

A 45-year-old woman from Mildenhall was also arrested on suspicion of murder but has been released on police bail.

She will return to the Bury St Edmunds Police Investigation Centre on March 18, 2014.

Police cordons were in place in Pembroke Close for most of the day and officers also taped off Mr Bone's home in Trinity Avenue in the town, where a glass panel in the front door was boarded up.

The quiet community was rocked by the news and came together to express their shock and sadness

Neighbour Stacey Hawes, 26, said: "It is really scary to hear about, as I live just across the street."

The mum-of-one said: "I have never heard of any problems around here and I have lived here for about two years.

"It's a really scary, particularly when you have kids and at this time of year.

"His family and friends must be devastated."

Resident Chloe Cotterell, 23, said she had been bombarded with calls from concerned friends and relatives since the news broke.

She said: "I was shocked when I heard – I mean it is little Pembroke Close.

"Everyone knows everyone here, so you don't expect this. I don't know the man though."

Another neighbour, who wished to remain anonymous, said: "I was so surprised to hear of anything like this happening here.

"I have lived here 25 years and you just don't get this sort of thing."

And retired resident David Coombs, 73, added: "We are all so surprised and saddened by this.

"I don't know the man myself but it is sad."

A spokesperson for the East of England Ambulance service said: "We were called at 12.42am to an address in Mildenhall and sent an ambulance, rapid response car, and an ambulance officer to the scene. Sadly, despite the best efforts of all involved, a man was declared dead at the scene."

Anyone with information about the incident should call police on 101.

SHOCKING: Police cordoned off the scene in Pembroke Close on December 20 following the fatal stabbing

CORDON: At the home of victim Paul Bone in Trinity Avenue, above. Below, Forensic teams at work in Pembroke Close, Mildenhall

Flowers left for 'a nice guy'

FLOWERS were laid at the scene of the home of stabbing victim Paul Bone.

Mourners left bouquets at the home of the 40-year-old in Trinity Avenue, Mildenhall, including one bouquet which had a can of Stella Artois lager tied to it.

Earlier, neighbours of Mr Bone told the *News* of their shock.

Hamish Jogee, 37, lived across the road from Mr Bone.

Mr Jogee said: "He seemed like a nice guy, he kept himself to himself.

"This is terrible, absolutely terrible – it's very shocking. I couldn't believe it."

Another neighbour said: "It's very shocking."

» in brief

Bin fire spreads

THE side of a house caught fire after two wheelie bins at the property went up in flames.

The blaze happened at a home in Malting Lane, Isleham, at 3.10pm on Sunday.

Crews arrived to find two wheelie bins well alight and the flames had also spread to involve the external side of the house. The cause of the fire was accidental.

Alleged assault

A MAN was attacked with a bottle in the town centre.

The 21-year-old reported being struck with a bottle as he walked along Kingston Passage, in Newmarket, between 10.30pm and 11pm on December 18.

A man jumped in front of him and hit him causing a graze to his head.

The offender is described as a black male in his 30s, thin build around 5ft 6in tall with dark hair, a distinctive thin strip of beard framing his face and wearing a grey and red jacket.

Call police on 101.

Health walks

TAKE a step towards health with a new series of walks.

Anglia Community Leisure is launching its Health Walks on January 9 at 11am at the Affleck Arms in Dalham.

There will be a number of walks under three miles long available and free heath checks from 10am, delivered by Anglia Community Leisure's GP referral team.

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Success story:

Six months on from the launch of our Let's Read campaign, **Lizzy Buchan** pops in to some of the primary schools to get the story so far…

WHAT a difference six months can make!

Since the launch of the *Newmarket News* 'Let's Read' campaign in July, run in partnership with the Newmarket Festival, volunteers have flooded in to offer time to help children with their reading.

Six primary schools and Newmarket College have got on board with our campaign to improve reading standards by pairing adult readers with children for a few hours a week. We hope to help encourage the young people of Newmarket and support our schools.

The response was astonishing with more than 75 people signing up and volunteers are already in place in many schools.

David Perkins, headteacher of Laureate Primary School, said: "We've got three volunteers up and running now, in Years 1, 2 and 6 – they're each coming in for either half a morning or a whole morning.

"I'm already being pestered by other teachers to know when they're getting someone.

"It's a bit early to see the impact, but we've targeted them at those pupils who are eligible for Pupil Premium funding, those with English as an additional language, and those with special educational needs, so it can only help."

Jane Segust, senior teacher and literacy co-ordinator at Exning Primary School, said: "We have five volunteers working in school on a weekly basis.

"They have all had a high quality training session with our reading intervention teacher and have been shown how to give children positive feedback and encouragement.

"The volunteers are generally doing one session a week and have been assigned reading partners to work with so they can see the progress with the child's reading and see how they are making a difference."

Over at All Saints Primary School, the volunteers are settling into school life.

Headteacher Jane Eccleston said: "It is all going brilliantly.

"We have 11 volunteers who are coming in weekly across all the classes in school.

"They attended a training session that we organised before they started and they seem to be enjoying it and gaining confidence.

"The children like reading with them, so for us it is very successful."

Moulton Primary School head Naomi Snowdon said: "We have got a couple of people started already and a few planned for the new year.

"It is going very well so far. The volunteers are coming in mostly for a morning or an afternoon.

"So far I have assigned them to a different group each so they can get to know the children as we think this will work best."

And Gerry Sexton, head of Paddocks Primary School, told the *News*: "We have got two really nice volunteers who have been coming in for about a month.

"It is going really well and the pupils are really enjoying it."

Processing the correct checks has meant some schools are not quite up and running yet but all were hopeful they can start in the new year.

Over at Newmarket College, the volunteers are raring to go.

Mary Osborne, SENCO coordinator at the College, said: "The volunteers are fab, they are all absolutely wonderful. They are really enthusiastic about the project.

"We are looking at mostly one-on-one reading with children in year's seven to nine and a few of the older years."

And at Houldsworth Valley Primary School, headteacher Sharon FitzGerald said the checks have all be completed and the school is keen to get the scheme up and running in the new year.

Robin Millar, a member of the Newmarket Festival committee, said he was delighted with the work going on in the schools.

And Wendy Davey, editor of the *Newmarket News* said: "It is absolutely wonderful to know that this initiative is proving to be successful.

"We had no real idea what the uptake would be when we first launched the campaign back in July and we were blown away by the response.

"It is heartwarming to see this scheme making a real difference to children in our town."

If you would like information about becoming a volunteer, call Lizzy Buchan on 01638 662581

Let's Read . . . at Exning Primary School

VIKTORIA Masten and Susan Farrow are amongst the volunteers reading once a week at Exning Primary School.

Viktoria, who helps year 5 pupils, said: "It's great, we are getting to know them and what they like to read. I just want to pass on my love of reading to children if I can."

Susan is reading with year 4 pupils.

She said: "It is absolutely lovely. The teacher of my class has the children in the palm of her hand and we have been well supported with plans and reading materials.

"The children are really enthusiastic and it is great to be involved."

Susan, who has three daughters and seven grandchildren, said: "I have a grandson who doesn't like reading and I have been telling him to read to me over the phone like I do with the children because I know how important reading aloud is."

LET'S READ: Volunteers Viktoria Masten, left, and Susan Farrow with Jack Stearn, 8, Freya Alexander, 7, Edward Carter, 9, Abisha Ahilan, 5, and Jack Jeavons, 6, at Exning Primary School

Thanks to you all!

Let's Read . . . at All Saints Primary School

KEEN volunteers David Grimster, Pat Eyres and Alice Bentick have al been reading at All Saints Primary School for two hours a week for about four weeks.

David is visiting the school twice a week to read with pupils in years 5 and 6.

He said: "I took early retirement and I have worked with children for about 30 years as a scout leader.

"Having retired and having much more time, I thought this scheme fitted in well with the skills I have.

"I have found the children are fantastically enthusiastic. One girl even got hiccups because she was trying so hard to show me how much she could read."

David added: "I do it to give something back to the community.

"The government has been pushing more and more to make schools part of the community and not just schools on their own.

"This is a way we can encourage that."

Pat is volunteering once a week with reception pupils.

She said: "My grandchildren are all teenagers and so when I saw the Let's Read campaign I thought it was a good opportunity to get back into helping with reading.

"My class are just beginning to look at books so it is more about having a nice chat with them and looking at the stories."

She said: "Making it fun is really important.

"You need them to talk to you and make it a social thing so they don't think of it as just reading but as something enjoyable too."

And Alice is with year 4 once a week.

She said: "I used to do this at the school when my children were here. I wanted to do some voluntary work and when I saw this I thought it was perfect."

Alice said many of the children she was working with were starting to read well but needed a bit of help to pronounce words.

She said: "It is going well so far and the children seem to be enjoying it. The children are so interesting and can be quite funny."

TURNING OVER A NEW LEAF: Pat Eyres, Alice Bentick and David Grimster, above, are all reading with children at All Saints Primary School. Right: The volunteers with Robin Millar, back row, headteacher Jane Eccleston, centre, and *Newmarket News* **reporter Lizzy Buchan, far right.**

They're all finding the time to make a difference

HOURS of one-on-one reading could really start to make a difference to children in Newmarket.

■ Exning Primary School – Five volunteers are reading for between one and three hours each per week.

■ All Saints Primary School – Eight volunteers are going into the school to read for between one and two hours each.

Some volunteers are even going more than once a week.

■ Laureate Primary School – Three volunteers are reading with pupils already and there are three more volunteers on the way.

■ Paddocks Primary School – Two volunteers are reading with pupils each week for up to two hours.

■ Moulton Primary School – Volunteers are spending an afternoon or a morning at the school each week and they are hoping for more in 2014.

■ Newmarket College – Eight volunteers are in place to start reading for around two hours a week each in the new year.

■ Houldsworth Valley Primary School – Work is still under way to process the paperwork for all the volunteers but headteacher Sharon FitzGerald said she is optimistic it could start at the beginning of term.

Let's Read . . . at Laureate Primary School

READING TOGETHER: Volunteer Karen Moore reads with 5-year-old Marcus Smith at Laureate Primary School, in Exning Road

KAREN Moore has been volunteering with five to six-year-olds one morning a week at Laureate Primary School for the last month.

She said: "I really enjoy helping children to read and I think they are benefiting from it.

"I am only with them for an hour but I think they are really benefiting from the one-on-one sessions.

"If they are getting stuck on something I can point it out to their teacher, who can make sure they are looking at whatever it is.

"The teacher said it was a great help, particularly as some children don't have English as a first language."

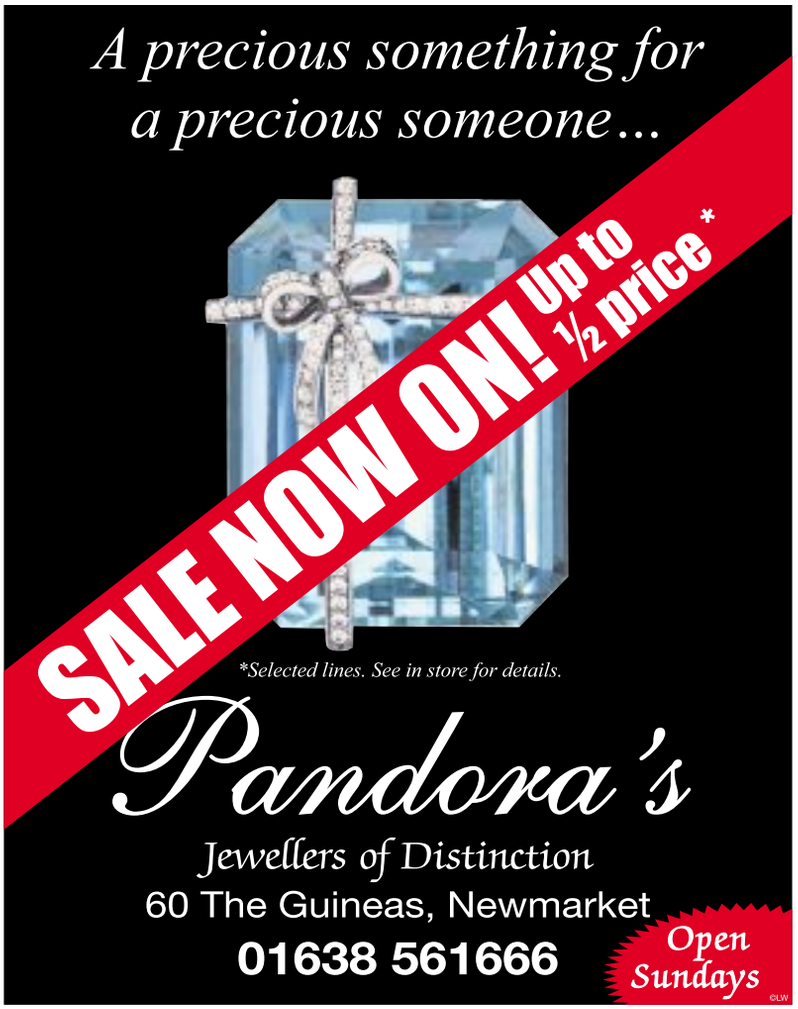
Karen said she enjoyed getting to know the children and could see their confidence improving.

She said: "Some of the children don't get much reading at home – for whatever reason – so it is good to support them.

"Or sometimes young children are so tired by the end of the school day they don't want to read.

"I just think reading is such a brilliant thing for people to be able to do.

"I have three children who love to read because I started reading to them when they were really young."



Newmarket News

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At the same time, we are constantly looking to improve our title and are always happy to hear from you with suggestions and comments.
If you have any feedback for us then please contact the relevant person or people listed below.

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Christmas poem

MY son had to write a poem for school homework on the topic of christmas and this is what he came up with.

His teacher and I have been so impressed with his writing and how he has come on this year that I wanted to share his hard work with other people as we are really proud of him.

Karen Clark
Fordham

Winter wonderland

by Joshua Clark, aged 10
Pupils at St Andrews School, Soham

Every christmas there is a winter wonderland
Holly trees swaying in the harsh cold wind
Robins perched up on trees
A fine layer of snow covering the land
Snowmen wrapped up in their woolly scarves
Children sledding down snowy hills
What a wonderful time of year
Merry christmas to one and all!

Leading lights celebrated in New Year Honours list

LEADING figures in Newmarket have been recognised in the New Year's honours list.

Businesswoman Bev Hurley has been made Commander of the Order of the British Empire (CBE) for services to enterprise.

As chief executive of YTKO group, a private sector organisation which has its headquarters in Cambridge, she has gained recognition as one of the country's few experts on growing businesses owned by women.

She has also set up award-winning public sector programmes, which help to encourage different groups who are not often represented in business.

Ms Hurley, who lives in Exeter Road, Newmarket, said: "I was absolutely delighted and pleased by the news. It was such a surprise.

"It is a very special honour and it just came out of the blue."

Mrs Sally Mann, of Newmarket, has also been awarded a British Empire Medal (BEM) for outstanding services to the community in Stetchworth.

DELIGHTED: Bev Hurley

Let's all aim for a happier 2014

IT IS a pity, I feel, that back in the sixties, there was not a Newmarket Policy, rather than just a Racing Policy. We might then today have a High Street with more historical significance, more complementary to a Home of Horseracing.

Bury St Edmunds seems to have retained its character despite being a busy town. Equally, Haverhill and Mildenhall have a certain ambience.

To restore some of the High Street's dignity might we perhaps see the return of the white Christmas lights this year rather than the garish decorations of the past few years?

In much that same period there has been some consternation regarding the prospect of housing development in Newmarket, notably Hatchfield Farm, and fears of its effect on the racing industry.

Simple fact is that Forest Heath requires extra housing and Newmarket is required to take its fair share.

I would reiterate that the Appeal on Lord Derby's original Application for 1,200 houses concluded that there would be NO adverse effects on racing interests. Traffic might increase but this would merely bring longer queues at horse crossings.

My fear would be that if FHDC reject the current application for 400 houses the costs of an appeal could fall on Council Tax payers.

The area available for exercising horses far exceeds that for humans but, I understand, even the large acreage of JCE land on Bury side is at or near capacity, although there is spare capacity on the racecourses' side.

Fact is that there is a shortage of housing, especially affordable housing, not least for racing staff – current, future and retired. Of the 400 houses proposed for Hatchfield 120 are affordable homes on rent to buy schemes and no doubt other developments will have similar provision.

Newmarket must have a finite capacity for both horses and humans but racing alone does not and cannot sustain the town.

Let us hope that 2014 might bring greater harmony and co-operation with parties working together for the benefit of the whole town and give us all a Happy New Year!

Andrew Appleby
St Albans
Newmarket

COMMUNITY NEWS

> Email your Community News to editorial@newmarket-news.co.uk

> Mildenhall

NEW CONCERT DATE CONFIRMED

The new date for the re-arranged autumn concert, held annually for some years in the Bill Abbs Hall of the Jubilee Centre at Mildenhall, has now been confirmed as February 1, 2014, with tickets available as on previous occasions from the Mildenhall Parish Council office.

Once more providing the music for the evening will be the well-known band of the Royal Air Force Honington, under the baton of their director Mr Tom Mitford.

He has again produced a fine programme of varied music for the event which has also again been designated as being in honour of the late councillor, ex-Squadron Leader Mike Ball.

Sadly passing away last year after splendid council work, Mr Ball was very much connected with the earlier functions, having in fact served at RAF Honington during the course of his long military career. His wife Helen and members of the family will also again be honoured guests of the Mildenhall Council for this event, which is free to any who wish to take tickets.

The concert will start at 7.30pm, doors opening half an hour earlier, with very suitable refreshment available during the interval and before the show commences.

To be certain that FHDC fire regulations are not broken, there will be no extra entry tickets available at the door on the night. Thus, potential patrons are urged to make now very speedy application for them to the council office staff. Telephone 01638 713493.

VERY SHORT BREAK FOR COUNCIL

As one of the three largest councils within the Forest Heath District Council area, Mildenhall Parish members clearly have a larger range of activity and working than many of the bodies surrounding them as is evident from the meetings called for the next ten days or so.

After the Saturday "Meet Your Councillor" session in the West Row Village Hall on 4 January, papers have gone out for the three-weekly Planning Group meeting, on 7 January, followed the next evening by an Extraordinary meeting of the Establishment and Policy Committee.

The three-monthly regular meeting of the Recreational Management group is to be held on 9 January, when a new vice-chairman may be appointed, while two days after it is the turn of the Mildenhall High Town members to supply the personnel for the regular monthly "Meet Your Councillor session in the LEAP Centre, in the Town Precinct (10.30 am for an hour).

All these meeting reports are due to be presented at the Full Council meeting On Thursday, 30 January in the Council Chamber, together with items of which notice could not be given and were therefore brought forward from the December meeting.

John Barker

Help needed for 'life below stairs' exhibit

ANTIQUE tea trays and dusty coal scuttles are needed as part of a project to help people experience life below stairs.

The National Trust has launched an appeal for authentic artefacts from 1926 to 1966 to help interpret the domestic wing at Anglesey Abbey, near Lode, for a visitors' experience.

The Heritage Lottery funded project will take visitors into the domestic wing, which supported the luxury lifestyle of former owner Lord Fairhaven, who bequeathed the house and estate to the National Trust in 1966.

Rachel Stock, interpretation officer, said: "We hope to give the rooms a real authentic feel with visitors being able to handle the artefacts – we're hoping that people will search the back of old cupboards and sheds and donate items they no longer need or want."

The plan is to dress domestic rooms such as the Butler's Pantry, Kitchen, Scullery, Servants Hall and Brushing Room with artefacts from 1926-1966, the period that the house was owned by Lord Fairhaven. An extensive list of artefacts has been compiled ranging from cinema tickets, postcards, tea trays, potato mashers and cake storage tins to coal scuttles.

Go to www.nationaltrust.org.uk/angleseyabbey/join-in.

Delight as school rated 'good' by inspectors

TOP OF THE CLASS: Cheveley Primary School celebrates achieving a 'good' Ofsted rating

■ **LIZZY BUCHAN**

A HEADTEACHER has expressed her delight at a 'good' ranking from Ofsted.

Inspectors visited Cheveley CoE Primary School in November and found the village school was good in all categories, including achievement of pupils, quality of teaching, behaviour and safety of pupils and leadership and management.

It was rated as 'satisfactory' in its previous inspection.

Inspector Peter Sudworth said in his report: "Pupils' attainment at the end of both key stages is above average. Pupils make good progress throughout the school."

He praised teaching and said staff worked hard to make lessons interesting.

He added: "Close links with the church and the community support pupils' spiritual, moral, social and cultural development effectively."

However to be ranked as 'outstanding' the school was told to bring writing standards up to the level of reading and maths and to make sure it was challenging the most able pupils, particularly in maths. Headteacher Diane Kingdon said: "There is a huge amount of hard work that goes into making our school such a success and we are delighted that Ofsted have recognised the progress that we have made since our last inspection.

"We know all of our children very well and this enables our caring, committed team to ensure each individual gets the support that he or she needs.

"We work very hard to ensure that every aspect of what we do here is giving each individual pupil the best chance, which is why we are so delighted that under this new rigorous inspection framework Ofsted has recognised us as a good school."

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Street life

If you're ever among the thousands of people attracted to Newmarket's lively nightlife, then you may well be familiar with the Town Pastors. Reporter Lizzy Buchan joined them for a Saturday night at one of their busiest time of the year . . . Christmas.

"Have you got any chocolate?"

A tipsy girl stares at me accusingly as she totters in her vertiginious heels.

When I agreed to come out with the Town Pastors on the mean streets of Newmarket, I half expected I would be breaking up fights like an avenging angel, rather than handing out Freddo bars.

But nothing about my Saturday night patrolling the town centre adhered to my preconceptions – apart from maybe the bitter cold.

The Newmarket Town Pastors are a hardy bunch who spend their Saturday nights offering support to vulnerable people as thousands of revellers descend on the centre of town.

The county-wide initiative, which has attracted much praise for reducing the burden on the emergency services, was introduced in 2006 and there are now around 65 people in the Newmarket group.

On each active night a minimum of 12 people are involved, with two mixed pairs of town pastors patrolling the streets while six people pray for them at home in one-hour shifts.

Co-ordinated by Newmarket Churches Together, there is also a team at their base who log incidents through the night and make refreshments.

I arrive at All Saints church at 9.15pm on a cold Saturday evening just before Christmas where the team are gearing up for the night.

Stuffing their bags full of Freddos, space blankets and bottled water, there are cackles of delight as the team discover they have been given bags of gummy bears by Suffolk Police, who drop by for a quick briefing.

Team leader Tony Hodge tells me: "It can be anything from helping people who have lost their friends or low-grade medical issues like someone throwing up.

"Often it is people who are really angry because they have had a bit too much to drink and have just been thrown out of a club.

"We want to calm that situation down by talking to them and allowing them to vent. Otherwise these things can really escalate."

He adds: "Sometimes it can be something as little as giving someone a chocolate bar which can diffuse things."

Once suited up in high vis jackets – and some festive tinsel and lights – we set off into the cold night.

The town pastors work in pairs from 10pm to 4am, so I set out with Tony and his wife Jan who have been patrolling the streets for nearly five years.

On our walk we stop to talk to police officers, bar owners, homeless people and door staff, who are all team players in this strange twilight pageant.

Donna Woollard, one of the owners of Unique bar, in Sun Lane, chats to the pastors for a while.

She tells me: "I think they do a fantastic job. These guys are always out on the streets even when it is really cold and so few people know what they do."

Partygoers crack jokes with us and show off their festive attire whilst trying to get their hands on some of those chocolate bars.

Tony and Jan spend some time with a man who is trying to get home but is too drunk to remember the way to the taxi rank.

He tries to sell me a horse – this is Newmarket after all – before we can put him into a cab.

Another man nearly falls into the path of an oncoming car before being scooped up by Jan and Tony, who neatly usher him towards the taxi rank.

At midnight we head back to base for a well-earned cup of tea and I spend an hour with Andy Taylor as he co-ordinates the operation between those praying at home and the pastors on the streets.

Over some deliciously warming toast, the former jockey tells me: "I used to be one of the people out there in the town, getting so drunk every night.

"I can only say I was lost as I was unhappy in my life and unhappy in my job."

Andy became a Christian five years ago and has now given up drinking for good.

He tells me: "Now I am a carer, I just love helping people. I just felt this was a way to give something back to the community."

As I head home, I think of the team patrolling the streets until 4am and I am astounded by their determination to continue as the night gets darker and the revellers more drunk and intimidating.

Earlier in the night I asked Tony why he bothers.

Smiling he said: "I do it because I think God wants me to to do it.

"I do it because it is the right thing to do."

THE TEAM: Do you have what it takes to be a town pastor?

Do you have what it takes to join the team of town pastors?

NEWMARKET town pastors are always looking for more volunteers to join the street team or their prayer base.

To become a town pastor you need a CRB check and two references, one of which must be from your minister.

Applicants must go for an interview and if you are successful you will attend a series of training sessions.You must be able to give up at least one evening a month and be capable of walking a few miles in a night.

Alternatively you can join the prayer team, who can pray for the team at home or at their base in All Saints Church. Each member of the prayer team will cover an hour slot during the night.

Contact Robin Hardy on (01638) 669361 or email info@newmarkettownpastors.org.

Get the barrel rolling for new year

ROLL UP: The Five Bells pub in Burwell hosted a fun barrel hunt where teams raced around the village to find hidden barrels. Pictured is Lorna Rayner with her son Harry, 3.

VILLAGERS burnt off some Christmas calories with a madcap barrel hunt.

The Five Bells pub, in Burwell, hosted its first barrel hunt on Friday where teams of six raced through the streets to find barrels carefully hidden at Burwell Castle, Margarets Field and Pauline's Swamp.

Organiser Lorna Rayner said: "We had about 50 or 60 people which was great. I think everyone took the opportunity to come out and blow the cobwebs away after two days of eating and drinking.

"Everyone said they would come back next year."

Long-serving councillor wins a district seat

■ LIZZY BUCHAN

A LONG-SERVING parish councillor has been elected to Forest Heath District Council – beating his oponent by just three votes.

Conservative candidate John Bloodworth beat sole challenger David Chandler, of UKIP, to represent Market ward in Mildenhall on FHDC following a by-election on December 19.

Cllr Bloodworth received 266 votes compared to 263 for Cllr Chandler for the seat which has been left vacant since the death of Cllr Malcolm Smith in October.

He said: "I am very pleased that I have been given the seat.

"It was a close run thing as there were only three votes in it but we had a recount and that was that.

"I am looking forward to the job as I am chairman of the parish council now but district council work will be a bit different."

Cllr Bloodworth said he hopes to work on bringing more businesses into Mildenhall and to work with the county council to put in a crossing in Kingsway, where he said it was very difficult to cross.

Both candidates are members of Mildenhall Parish Council but Cllr Bloodworth, who is currently chairman, said there was no bad feeling between the two.

He said: "I know David very well and he is a nice lad.

"We are good friends and I am sure we will remain so."

Cllr Bloodworth was co-opted onto Mildenhall Parish Council 12 years ago by the late CllrSmith.

Matthew Hancock MP posted on Twitter: "Congratulations to John Bloodworth – new Conservative councillor for Mildenhall market ward. He will make a great representative for our town."

The turn out for the election was 16.88 per cent.

Man not guilty of rape at town hotel

A JURY has cleared a 20-year-old man of raping a woman as she slept in a town hotel.

Luke Chaplin was accused of raping the woman, who cannot be named for legal reasons, after meeting her at a Newmarket pub.

But a jury at Ipswich Crown Court found Chaplin, of Perch Meadow, Aylesbury, not guilty on December 23.

The prosecution alleged the woman had woken up at the Ashley House Hotel in January to find Chaplin having sex with her. Chaplin said he had tried to initiate sex with the woman but nothing happened. When cross examined, the woman admitted she could only remember part of the night and she had kissed Chaplin at the pub.

What a year that was

Reporter Lizzy Buchan looks back at some of the news that made the headlines of 2013

January

■ A couple who married in secret when the bride was just 18-years-old, celebrated 75 years of wedded bliss. Kath and Ron Spathaky, of Burwell, tied the knot on December 21, 1937, after meeting in Brighton. Ron, 98, who is still teaching French, said the secret to a long and happy married life was: "Marry young".

■ School children were given the chance to design a series of horse heads to flank lampposts up the High Street, after an anonymous benefactor donated thousands of pounds to the project. Cllr Joy Uney, who spearheaded the project, said she was delighted to have secured £3,000 of funding needed to cover ten of the heads for the town's schools, after donations of £600 from Suffolk County Council and £2,400 from a mystery benefactor.

■ Champion jockey Frankie Dettori, who lives near Newmarket, appeared on Celebrity Big Brother on Channel 5 while serving a six month ban from the French racing authorities for testing positive for an unknown substance.

■ A headteacher described the theft of 15 laptops from her school as "an absolute nightmare". Thieves raided Moulton School overnight on January 14, taking with them 15 computers the school had justed received. Headmistress Naomi Snowdon told the *News*: "We are devastated. It is an absolute nightmare." The thefts were among a spate of computer thefts in schools across Suffolk.

February

■ Inquiries began into a devastating house fire in Gazeley Road, Kentford, which claimed the life of resident Ann Guinle. A man in his 60s, thought to be her husband Hilton, known as Tony, was taken to hospital suffering from smoke inhalation. Workers from the office opposite the blaze tried to help firefighters who battled the blaze for more than an hour.

■ More than 100 people packed the Memorial Hall to attend the first public drop-in session of the Prince's Foundation for Building Communities. Suffolk County Council, Newmarket Town Council and Forest Heath District Council invited the organisation to compile a report which would help inform future planning and policy decisions.

■ An app which helps allergy sufferers eat safely was approved by the NHS. FoodWiz, based in Snailwell, had their Allergy App selected for the NHS Health Apps library. The clever app allows allergy sufferers to scan barcodes to find out whether they can eat the product or not.

■ Plans to merge Swaffham Bulbeck and Burwell fire stations were met with a ferocious backlash from retained firefighters. Cambridgeshire Fire and Rescue Service voted to shut the station in Swaffham Bulbeck and merge the two crews at a new purpose built fire station in Burwell. Brian Chalkin, who worked as a retained firefighter at Swaffham Bulbeck for 21 years said the plans were "disgusting".

LOOKING BACK: Trainer Mahmood Al Zarooni received an eight year ban after 11 horses in his care tested positive for anabolic steroids in April
Right: In June, the world of racing mourned the death of 'a much-loved gentleman of our sport', Sir Henry Cecil
Below: Farmer Johnny Fuller helped his wife Tamsind give birth to their son in a 4x4 vehicle in Homebase car park in Newmarket

March

■ Racing fans waited with bated breath as it was announced the legendary racehorse Frankel had had his first mare tested in foal. Juddmonte Farms, which owns Banstead Manor Stud, in Cheveley, announced the mare Chrysanthemum had tested in foal to Frankel.

■ A brave woman saw off a burglar in a dramatic field chase with help from a stable lad on horseback. The victim discovered Genadijus Simanelis ransacking her house in Wilbraham Road, Six Mile Bottom, where he stole bread, sausage rolls and a bottle of wine. She gave chase and tailed him for a mile and half with help from neighbours and a stable lad from Bottisham Heath Stud before he was caught by police.

■ Crowds watched in awe as the Grade II listed Burwell Mill lost its roof. A 65-tonne crane removed the mill cap for renovation at ground level as part of a £420,000 restoration project. The 'Fresh Wing in Our Sails' project, which is funded by the Heritage Lottery Fund, hopes to restore the 19th century mill to its former glory.

■ Lucky pup Reggie was given the all clear by vets at the Animal Health Trust, in Kentford, after swallowing a kebab stick. The 15-month old springer spaniel nearly died when the wooden stick perforated his liver and diaphragm but vets were able to save him. His owners said they could not thank the AHT enough for saving their pet.

April

■ Newmarket College was placed into special measures by Ofsted inspectors after it was found to be inadequate in three out of four categories. Principal Dr Bob Cadwalladr said he was disappointed with the report and vowed to come out fighting.

■ Tributes were paid to "a great man" after Newmarket trainer Mick Quinlan was found dead at his home in High Street. The Irish-born trainer worked closely with his brother Noel Quinlan, who is a trainer at Grange House Stables, and saddled winners at Royal Ascot and Cheltenham before giving up training in 2011.

■ Allegations of doping at Godolphin rocked the racing world to its foundations. Trainer Mahmood Al Zarooni received an eight year ban after 11 horses in his care tested positive for anabolic steroids.

■ Plans for a cinema in the town were submitted as part of Sainsbury's supermarket application. There has not been a dedicated cinema in Newmarket since the 1970s but Sainsbury's and the George Lambton Trust offered a five-screen Odeon if planning permission was granted for a Sainsbury's on the George Lambton Playing Fields.

May

■ UKIP won three seats in West Suffolk, including Exning and Newmarket, in a surprise county council election victory. Newmarket Town Cllr David Hudson beat the incumbent Cllr Bill Sadler by 30.39 per cent to 25 per cent. Conservatives held sway in Mildenhall and Row Heath while Newmarket and Red Lodge representative Cllr Lisa Chambers retained her seat for a third term.

■ Mum-of-seven Lesley Richardson lost 16 stone by joining Slimming World and said she has become the mum she always wanted to be. The 40-year-old, who lives in Mildenhall, dropped from a size 32 to a size 12 since joining the group in 2011.

■ Planning permission was granted for a Morrisons supermarket, in Exning Road, and an extended Tesco, in Fordham Road, as a dramatic climax to the two-year saga. Applications for a Sainsbury's on the George Lambton Playing Fields and an Asda in High Street were turned down by Forest Heath District Council.

■ Outraged residents attended a public meeting to express their fury over Newmarket Town Coun-

cil's decision to fund a private neck operation for the town clerk. Councillors voted behind closed doors to pay £7,000 for specialist surgery for Isabelle Barrett who was suffering from a crippling neck condition. Cllr Warwick Hirst said the decision was made to save the council money rather than pay long term sick pay and also as a duty of care to Mrs Barrett.

June

■ The town mourned as celebrated trainer Sir Henry Cecil lost his battle with stomach cancer just days before Royal Ascot where he had a record 75 successes. Tributes poured in to a man described as "the greatest trainer of all time" and "the much-loved gentleman of our sport". Silences were held at racecourses all over the country in his honour.

■ The Guineas shopping centre announced it was fully let for the first time in more than 11 years. The centre welcomed 12 new stores since 2012, including bistro Rhubarb, American Kandy, a new Poundland store and lothing retailer Roman Originals.

■ A £1 million lottery endowment was given to the National Heritage Centre for Horesracing and Sporting Art. The challenge funding from the Heritage Lottery Fund meant every penny raised by the project would be matched up to £1 million. The project would see the National Horseracing Museum move from its present site in the High Street to the five-acre Palace House site, where it will be joined by a new gallery for the British Sporting Art Trust and a centre for the Retraining of Rcaehorses Charity.

■ A horse owner spoke of her horror after her horse's tail was hacked off twice in one month. Deborah Lilly, of Red Lodge, was appalled when her four-year-old throughbred/cob Evie was targeted for a second time by intruders. The horse was not harmed but the incident led to speculation about the reasons were behind the attacks.

July

■ Another plan for Hatchfield Farm was revealed to be in the pipeline more than a year after proposals for 1,200 homes at the site were thrown out. Letters were sent to 4,500 addresses in Newmarket suggesting four different options for the land north-east of Fordham Road of between 400 and 600 homes.

■ Racegoers were winners in the style stakes as thousands donner their finery for Ladies Day at Newmarket Racecourses.

The town buzzed with activity as ladies, decked out in dresses to die for and skyscraper heels, made their way to the July Course for the Piper-Hiedsieck July Festival.

■ The News launched it's *Let's Read!* campaign in conjunction with the Newmarket Festival and schools in the town to help improve literacy levels in Newmarket. The campaign aimed to recruit adult volunteers to read with children in schools to help encourage them to read for pleasure. More than 70 people signed up to help us with the project.

■ Celebrations rang out across the country as the Duchess of Cambridge gave birth to a baby boy. Prince George was born at 4.24pm at St Mary's Hospital, in Paddington.

CAMPAIGN: Newmarket News teamed up with the Newmarket Festival committee to launch the Let's Read campaign in July to help improve literacy standards in Newmarket.

Right: Records were smashed at the December Sales at Tattersalls and Dancing Rain, in foal to the great Frankel, sold for £4.2million

August

■ Villagers came out in support of a campaign to give a "wonderful" deaf boy a chance to hear. Two-year-old Danny Pickard, of Burwell, was born with CHARGE syndrome which left him profoundly deaf. His only chance of hearing is an auditory brain stem implant operation which costs £68,000. Fundraising events of all kinds took place to raise money for the Help Me Hear appeal.

■ Three guests were arrested when a fight broke out at a wedding at Newmarket Racecourses and one man was taken to hospital. Revellers turned on police when they were called to a disturbance at the Rowley Mile racecourse on Saturday 10. Chief Con Douglas Paxton, of Suffolk Constabulary, said it was "regrettable" a nice event had got out of hand.

■ Years helping cows give birth came in handy for a farmer who helped deliver his wife's baby in the back of a 4x4 in a Newmarket car park. Johnny Fuller said he "simply went into action mode" when his wife Tamsind Dufferty–Fuller went into labour and pulled over in the Homebase car park, in Nimbus Way, on the way to the Rosie Hospital. Baby Robert Stephen went for a check-up with his mum at the Rosie and was allowed home later that night.

■ Shouts of joy echoed the corridors of Newmarket College as students achieved the best results in the school's history. The struggling college celebrated as 45 per cent of pupils achieved five A* to C grades – including English and Maths – which is a 17 per cent improvement on last year.

September

■ Villagers rallied together to support the family of a mother who died in a house fire. Donations poured in to help the husband and three-year-old daughter of Miranda Drew, who died in a fire at her home in Hawthorne Way, Burwell. She was described as a "lovely lady" by friends.

■ A family of pet rabbits were found hopping around the Newmarket gallops by a student nurse. Victoria Humfrey spotted the six rabbits hopping on the edge of Bury Road whilst driving to work and took them with her. The bunnies were sent to RSPCA Block Fen for rehoming.

■ Newmarket College made plans to become an academy under the leadership of "inspirational" executive principal Howard Lay. Mr Lay, who is head of the outstanding rated Samuel Ward Academy in Haverhill, will take on the dual role in April.

■ Hundreds of people descended on the town for the annual Newmarket Open Day. Stables across the town opened their doors to the public and visitors had a nose around establishments such as the Newmarket Equine Hospital, the National Horseracing Museum and the National Stud. The afternoon boasted an action-packed programme at the Rowley Mile racecourse with a shetland pony Grand National and a hich stakes jockeys vs trainers football match.

October

■ Headteachers spoke out about the "persistent" and "dangerous" problem of dog excrement on school playing fields. The field at Newmarket College, which is also used by Houldsworth Valley Primary School, has been plagued by dog poo left by owners. Sharon FitzGerald, head of Houldsworth Valley Primary, said dog owners were not acting responsibly.

■ Newmarket College principal Dr Bob Cadwalladr left unexpectedly after five years at the helm. Three governors also left the school in the same week.

Dr Cadwalladr was replaced by former deputy prinicpal Nick Froy.

■ The Wheatsheaf pub, in Exning, became a star of the small screen after its landlord Ken Clutterbuck appeared on Channel 4 reality show *Four in a Bed*. The TV show follows four bed and breakfast owners who throw open their doors for each other and pay what they think the stay is worth. Despite not winning, prankster Ken had the time of his life.

■ Tributes were paid to long serving councillor Malcolm Smith who died after a short battle with cancer. The former council chairman, who lived in Mildenhall, was described as "a lovely man" by colleagues.

■ A pet owner spoke out about her heartbreak at the death of her beloved cat who died from anti freeze poisoning. Jody Blyth-Tanner, who works at the Animal Health Trust, was devastated when she returned to her Mildenhall home to find her cat Marshal displaying signs of stiffness and vomiting. Vets tried to save him but he died the next day.

November

■ Newmarket was united in silence to honour those who had given their lives for their country. A solemn parade made its way down the High Street on Remembrance Sunday, ending up at Tattersalls for a sombre service.

■ Iona Barclay, from Kentford, thought she would never be able to have a family after being involved in a horrific car accident during a car rally in Croatia. However the brave 28-year-old has defied the odds and gone on to make a good recovery. She now has a baby daughter called Zarah and is engaged to Zahoor, a work rider for John Gosden.

■ One of TV's most recognisable voices took part in a college pantomime. Newmarket College pantomime director Elliott Papworth persuaded Big Brother narrator Marcus Bentley to record the lines of Giant Shortstack for the college's adaptation of Jack and the Beanstalk. Elliott, 19, said he was delighted Mr Bentley offered to take part.

■ A long-running row over payment for the town clerk's private neck operation came to a stormy conclusion. An independent auditor said Newmarket Town Council's decision to spend £6,900 of specialist surgery for Isabelle Barrett was "not appropriate", following a six-month investigation which found the town council had acted outside of its powers. No sanctions were made againt the council.

December

■ It was revealed a survey would take place in 2014 into parking in Newmarket town centre. Bosses at Forest Heath District Council commissioned Suffolk County Council to consult on parking problems in two areas where shoppers and commuters are thought to be parking their cars. Potential solutions such as residents parking zones have divided opinion.

■ Records were smashed during the December Sales at Tattersalls. Dancing Rain, an Oaks winning mare in foal to the champion racehorse Frankel, sold for £4.2 million to John Ferguson – Sheikh Mohammed's bloodstock advisor. This was the second highest price in history for a brood mare sold at a European auction. But days later the record was broken by Immortal Verse, who was bought for £4.935 million by BBA Ireland's Adrian Nicoll.

■ Barrister Lucy Frazer was chosen as Conservative candidate for the South East Cambridgeshire seat.

The Cambridge graduate emerged victorious against three other candidates at an open primary held at Ely College. She will represent the party in the 2015 general election following the retirement of the incumbent MP Sir Jim Paice.

■ A teenager gave his next door neighbour a Christmas present to remember – by saving his life. Ian Taylor, 42, was cleaning rubbish at the back of his home in Soham when he got into difficulty.

Luckily his next-door-neigbours son Harry, 19, came to his rescue by leaping into the river and dragging Ian to safety.

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Newmarket's Mayor and the county's Police and Crime Commissioner share their thoughts for the year ahead

An exciting year ahead

IT IS a great honour for me to be sending the people of Newmarket this New Year message, and I feel very proud to be the Town Mayor of such a community spirited town.

In my year as Town Mayor, I have been given the opportunity to meet with many local groups and voluntary organisations, and I would like to thank them all for their hard work over the past year and commend them for everything they do, not only for their own good causes but for the communal good of our town.

Despite the economic downturn, it is good to see some new businesses opening and relocating to Newmarket. The Guineas Shopping Centre is utilised to full capacity, and a number of other businesses have taken up units in the High Street. Obviously it is an objective of the Council to ensure that all businesses continue to survive the current economic climate and Newmarket Town Council will do everything it can to facilitate this.

CHRISTMAS TIME: Cllr Geoffrey Jaggard switching on the Christmas lights in December

Newmarket is also fortunate enough to have a strong Retailers Association, whose dedicated members work tirelessly on making Newmarket a town to visit.

Looking ahead to 2014, following the publication of the Vision for Newmarket, it is anticipated that the Town Council, in partnership with Forest Heath District Council, Suffolk County Council and its residents, will move forward with the implementation of the recommendations.

Great credit must be given to all those residents who actively participated in the consultation and your views as to how you would like to see Newmarket develop were appreciated.

Next year will also see the unveiling of the Bill Tutte Memorial in September. Here is another fine example of what a community group can achieve. I would like to extend my gratitude to all its members, especially Richard Fletcher, whose strong leadership and determination made him a pleasure to work with.

Of course, a further big asset to the town will be the development of the new National Heritage Centre for Horse Racing and Sporting Art, with the works commencing in January 2014. This exciting new venue will give visitors a better understanding of the horse racing industry and the character and history of our town.

I would like to take this opportunity to thank all the members of Newmarket Town Council for giving their full commitment and their valuable time, and the Council staff for their hard work over the past year.

On that note, I would like to wish you all a healthy and prosperous New Year.

Cllr Geoffrey Jaggard
Town Mayor

Working together to keep our county safe

MY goodness, what a year it has been.

As I mark my first full year as Suffolk's Police and Crime Commissioner, I look back at 2013 as memorable, challenging and inspiring.

This time last year I was just finding my feet, there was so much to learn. It's not a nine-to-five job that's for sure, but it has been the most enjoyable year of my career so far.

One of my first tasks in this new role was to recruit a new Chief Constable and I was very pleased to secure Douglas Paxton. We have built a strong and trusting relationship and I am confident that Douglas is as optimistic and enthusiastic as I am.

During the year it has been a huge privilege to meet so many groups of people who are out there doing their job, working with people for very little reward and minimal recognition. Suffolk is a very special county.

A year ago I pledged to give everyone living and working in Suffolk a voice about issues of crime and policing and I have worked hard to fulfil that promise and will continue to do so. Looking forward to 2014, I will continue to meet with people to discuss their concerns and ambitions.

We are very fortunate to have a strong and committed workforce in the Constabulary, and I would like to thank them for all they have done through the year to keep us safe.

I look forward to 2014 and working with you all to keep Suffolk safe. You can contact me on spcc@suffolk.pnn.police.uk. I really appreciate your input.

Wishing you all a peaceful new year.

Tim Passmore, Police and Crime Commissioner for Suffolk

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Residents are warned over 'police' scam

■ LIZZY BUCHAN

FRAUDSTERS posing as police officers have scammed people in Suffolk out of more than £30,000.

Residents are being warned to remain vigilant after five people have been struck by conmen and women in the county since August.

Scammers ring an elderly victim, telling them they are a police officer investigating fraud on their bank account or working for the victim's bank and proceed to ask for account information.

If the resident becomes suspicious, the offender tells them to call 999 to ask for confirmation.

The victim then calls the police, but does not realise that the offender has not hung up so goes straight through to them again. In some cases a female offender comes on the line and verifies the so–called officer's details. The caller is then handed back to the original offender who obtains the victim's details.

In other cases victims have been told a courier will be sent round to collect their bank card or have been asked to go to their bank to withdraw large amounts of money which is collected by a courier.

Alan Osborne, community safety manager for Suffolk Police, said: "Fraudsters will try every way possible to scam money out of people and this appears to be one of the latest con tactics they are using. The police or banks will never ask for people's bank account details over the phone and should anyone receive this type of call they should hang up immediately.

"We are working with banks, building societies and taxi or courier companies to raise awareness of this particular scam but we are keen to stress to those people who have elderly family members or neighbours to spread the word and talk to them about this type of crime."

BOO, HISS: Cinderella and the Ugly Sisters will tread the boards in NOMADS' upcoming panto

Lots of fun for the family at town panto

RING in the New Year with a side-splitting performance of a classic pantomime.

Newmarket, Operatic, Musical and Dramatic Society (NOMADS) have been busy rehearsing audience favourite 'Cinderella', with well-known songs and classic puns from Cinderella, Buttons and the Ugly Sisters.

Director Allan Baxter said: "Our pantomimes are always held in high regard by our audiences and we can't wait to bring this timeless classic to the community of Newmarket.

"Come and see if Prince Charming will get his girl, if the glass slipper fits one of the sisters instead ("oh no it won't!") and have a brilliant time watching our talented cast take you to the land of make-believe."

This is the third time the group has performed Cinderella in the last 20 years and some of the cast have enjoyed it so much they have appeared in every single production.

The panto will take place at Newmarket Kings Theatre, in Fitzroy Street, from January 11 to 18 with matinees on January 11 at 1pm and 4pm, January 12 at 1pm and 4.30pm and January 18 at 4pm.

Evening shows will be at 7.30pm all days except January 12.

Tickets cost £12 or £10 for concessions. Call (01638) 663337 or go to www.nomadskingstheatre.com.

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Leisure centre saved – for at least four years

■ LIZZY BUCHAN

A TOWN leisure centre, which attracts more than 75,000 visitors a year, will continue to operate until 2018.

Councillors will be asked to approve plans to keep Mildenhall Dome Leisure Centre, in Bury Road, open for the next five years at a Forest Heath District Council (FHDC) cabinet meeting on January 7.

During that time FHDC will build a business case for a community hub in Mildenhall, which aims to cut costs and improve access by bringing together public services such as the library and the swimming pool onto one site.

Cllr Warwick Hirst, cabinet member for Health, Leisure and Culture, said: "I am really pleased that all the partners involved are making sure the Dome stays open for as long as possible by working closely together to manage a smooth transition from the current leisure provision in Mildenhall to better, cheaper to run, facilities.

"This agreement will give a strong commitment to those who enjoy the town's leisure facilities by providing certainty about access while we look at the best way to replace the Dome and swimming pool."

Since Mildenhall College received academy status earlier this year, the agreement between Suffolk County Council and FHDC has needed amending as the college has come out of local authority control.

Principal Susan Byles said: "We are very pleased to be able to step in and help to continue the provision of leisure activities at the Dome Leisure Centre which has been at the heart of the community for a number of years."

The agreement will be discussed at a cabinet meeting on January 7 at FHDC offices in College Heath Road, Mildenhall.

if this good news for the town?: newmarket-news.co.uk

SURPRISE: Roger and Carol Downham at a surprise retirement party. Picture by Chris Bourchier

Special send-off for couple who have spent years caring for others

A COUPLE who worked at care homes for many years have been honoured with a surprise party.

Roger and Carol Downham, of Leaders Way, Newmarket, enjoyed a retirement party at Home Close residential home, in Fulbourn.

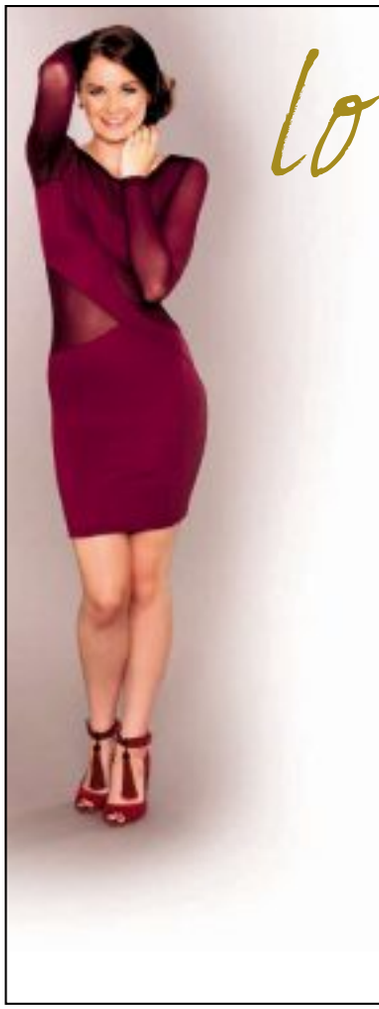
Roger, 70, has been a driver for Healthcare Homes Group for 20 years.

His wife Carol, 69, also worked at the company's home in Fulbourn for nine years, where she helped with a activities, including a popular arts and crafts session.

Carol said: "It was absolutely brilliant.

"They said such lovely things about us.

"We are really going to miss them all."



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‘Car smash made me realise life was sweet’

Her heart set on becoming a headteacher, Sam Wise’s dream career got derailed after a horrific car accident. But, two years on, she feels thankful for the life-altering experience. She talks to LOUISE CUMMINGS.

HAPPY FAMILY: Sam, Philip and Daniel Wise.

THERE was never any hesitation in Sam Wise’s mind that she would one day become a headteacher. Education was, she admits, her all-consuming passion. “My mum was a teaching assistant and a child minder, so I grew up in Gloucestershire with lots of children in the house. I was going to be a headteacher and that was that.”

As soon as she could grasp a piece of chalk, Sam was busy playing ‘classrooms’, bossing her two sisters around. “They would sit down and basically do as they were told!” she laughs.

Encouraged to follow her dreams by her childhood sweetheart Philip (now her husband), Sam studied hard, and took her first teaching job at a primary school in High Wycombe. The role was everything she had hoped for. “I loved being in the classroom. I loved watching every child develop, progress and move forward. Education quickly became my life.”

Climbing the career ladder, she took on more and more responsibility, becoming head of various subjects, from design and technology to science. “I was really quite young to be in such positions, but it was great; I enjoyed the challenge.”

Looking to set up his own business, Philip decided to return to Cambridge, where he had studied computer science.

“Cambridge was obviously the place for computing, it being the ‘Silicon Valley’ of England, so we moved this way,” Sam tells me.

Taking a job at a primary school in Littleport, the 20-something teacher was in her element. “I was a literacy leader there, so spent most of my six week holiday setting up the school’s first ever library, and before long I got sent away on a leadership course to Nottingham.”

When the deputy head left the school, Sam was first choice to take on a co-deputy headship, which she wholeheartedly embraced. “I did that for a year and enjoyed it,” she recalls. “But it was stressful and a lot of hard work; I’d work a long day, then often be marking well into the evening or reading educational documents at home.”

Sam was becoming a workaholic; something she can now see, but was quite oblivious to at the time. “My job had become my whole life. My poor husband; it’s horrible to say, but it wasn’t like we were married because my life was work. I wasn’t bothered about having children because I believed in my heart of hearts that I had 240 or so children in my life every day, and they would be my world.”

However, all that changed one dark, stormy night, just before Christmas 2010. Sam picks up the story: “I had been in a really stressful Ofsted meeting. It was late, I was shattered, and I was coming home down a bendy road from Littleport to Little Downham in my pride and joy; my new red MX5. I loved that car,” she smiles, before turning more serious. “It was raining hard and there was mud on the road. I hit the mud and lost control of the steering, and that was it. I remember praying ‘please God, don’t let me die’. I felt something smash my head, and I don’t remember anything else.”

What had happened was Sam’s car had left the road, flipped over twice and ended up in a field, stopping just inches from a tree. A motorist had witnessed the accident, and ran to her aid.

“The next thing I knew there was a guy kicking the door of my car. I remember thinking,

HAPPY: Sam turned her back on teaching after a car crash to take on a new venture, Fairy Cake Friends.

'why the heck is he doing that to my lovely car?' I was a bit dazed and really had no idea what was going on," she explains.

Sam managed to drag herself out of the gnarled wreckage, but failing to grasp the gravity of the incident, was initially more concerned about retrieving her laptop from the car. "I was so concerned that someone might steal it, but then I turned round and saw my car and realised how bad it was. Then I felt quite shaken up. It was completely smashed up at the front, smashed at the back and the soft top was all squashed in; I just burst out crying at that point."

Paramedics were soon at the roadside. "The ambulance man came over and said 'madam, I think we need to take you in and check you over' and I just collapsed on to the road," Sam recalls.

She woke at Addenbrooke's Hospital, wired up to machines, having spent time in intensive care. "I didn't have a clue what was going on. I was just lying there dazed, wondering what had happened," she remembers.

Miraculously, apart from sustaining injuries from the seatbelt on crash impact and suffering with headaches, Sam was otherwise unscathed. Within a week, she was back in the classroom, though admits that the crash had dramatically changed how she felt about her job. "I knew I needed to get back to work and be a teacher again, but it didn't feel the same anymore. Everything felt so wrong. I remember turning to one of my colleagues one day and saying 'why am I here?' and they said 'because you're a damn good teacher', but my heart wasn't in it."

The final straw came in yet another Ofsted meeting, Sam explains: "There was a woman ranting on about data, and I just thought 'why am I wasting my life sat here?' Then I collapsed."

It's thought that Sam may have been suffering from post-traumatic stress disorder or simply job-related stress. Whatever the cause, she knew it was time to reassess her life. And the impending six-week summer break gave her plenty of time to mull over her plans.

"I have always loved baking and when I was little my gran used to have this trolley of delights, which had the most amazing cakes on it; her shortbread caramel slice was amazing!" she smiles. "She always dreamed of being a baker but then the war came and she ended up, ironically, becoming a teacher, then an accountant. So I thought it would be lovely for me to achieve the dream for her."

Buoyed by her friends' favourable reactions to her oven-baked goodies, Sam spent six weeks perfecting her vanilla frosting, and trying out various flavours of cupcakes and fairycakes on a team of willing tasters.

And with husband Philip fully behind her sweet new venture, by October 2011, Fairy Cake Friends was in business.

"Philip said he just wanted me to do something that made me happy. He says I'm a different person now; happier, more relaxed. I enjoy my new job so much," she beams, looking every bit as relaxed as she maintains. "Basically, I'm back to the person I think he knew pre-education, if truthful."

Two years on Fairy Cake Friends is enjoying great success, due in large part to Facebook. "It's amazing how much business I have got that way. I've also been really lucky to be able to stock my cakes locally at Chellies Beauty FX in Littleport, Haddenham Galleries, and they'll be stocked at Little Downham shop, which I'm really excited about," Sam enthuses.

As well as baking fabulously festive mulled wine cupcakes, mince pie sponges and zesty lemon sprinkled treats, alongside some seriously challenging commissions (dartboard or replica theatre cake anyone?), there's been something else cooking in the proverbial oven. Sam and Philip's son Daniel was born on February 4th.

"Though I'd always told myself that the school children were enough for me, after the accident I realised that life was so short and that actually I would like a family. I can't tell you how much we love being a mum and dad. Our family is everything now," Sam beams.

Christmas is a time for reflection, and having just spent their first Christmas together, the Wise family look back on that accident in 2010, and are thankful for the changes it brought about.

"It definitely made me reassess everything, it really did," Sam reflects. "The fact I'm still here. People have died on that road; it has taken lives and I'm very lucky to still be here and walk away from it with nothing wrong. I'm very, very lucky and I'm glad it made me change everything. I'm so much happier now, I love what I'm doing and having Daniel has been a big part of that change."

■ Find out more about Fairy Cake Friends at fairycakefriends.com or search facebook for Fairy Cake Friends.

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Elemental Bikes – Going from strength to strength.

1 Old Station Road in Newmarket have traditionally had a bike shop trading for the last 80 years and Clive Seer is the latest to take over the legacy. Clive took over Elemental Bikes in April 2013 with 2 existing staff members who were qualified cycle mechanics. The shop spreads over two floors with a large cycle display area, accessories and clothing and a fully equipped workshop downstairs whilst upstairs you will find a full range of leisure, city, mountain bikes and children's cycles.

Things have been going well for Elemental Bikes since Clive took over, so much so that he had to employ an additional mechanic in July to meet the demands of the busy workshop. Other changes to the shop recently are that a new changing room has been built giving customers the opportunity to try on clothing before they buy. Clive explained that they are now stocking a large range of Endura sports clothing. They also have a wide selection of nutrition supplements and energy bars, gels and tablets for all fitness activities – not just for cyclists.

There is a vast array of bikes for all cyclists at Elemental for cyclists of all abilities from kid's bikes including starter balance bikes, commuter/hybrids, Hard Tail Mountain Bikes, including the new 27.5" range and high end carbon road race bikes. The key cycle brands stocked are; Giant, Ghost, Felt, Bergamont, Raleigh, Ridgeback and Python with soon to be introduced, Trek. Other key brands stocked as well as Endura Clothing are Shimano Shoes and components, BBB Accessories, Mavic heels, Giro Helmets, Fizik saddles and Torq Nutrition.

Clive continues to say, "Our business ethos is built on quality products – we only sell products we are happy to use or recommend. We always try to offer customers expert advice so they get the most out of their cycling needs, rather than a hard sell of something they don't need." The mechanics at Elemental are Cytec qualified and Clive believes in competitive pricing. "We will always price match any genuine like for like quote."

Elemental Bikes is going from strength to strength and has recently started a fully bespoke wheel building service. They can give expert advice and suggestions to tailor a new set of wheels to your exact needs. "We are the only shop in the area to offer this highly skilled service". Clive's plans for expansion are to open a second shop in the Norfolk/Suffolk area within the next 12-18 months.

So with free parking right outside the shop, why not get down to Elemental Bikes at 1 Old Station Road, Newmarket today or call 01638 664897. You can also find them on Facebook under Elemental Bikes.

What's on 24 | Films 24 | Puzzles 25 | Gardening 25 | Weekend TV 26

Leisure or events news? e-mail **lizzy.buchan@cambridge-news.co.uk** phone **01638 662581**

the GUIDE

Make a date with SuBo

***BRITAIN'S Got Talent* and tabloid darling Susan Boyle (affectionately called SuBo) has announced her UK tour for 2014, and aren't we lucky... she's heading to the Cambridge Corn Exchange in April.**

The Scottish singer broke into public consciousness in 2009 after appearing on the brutal (and really quite excruciating to watch) talent show, performing *I Dreamed a Dream* from Les Misérables brilliantly well – much to the general surprise of the judges and the audience.

A hop skip and a makeover later, she found herself being beating by Diversity but nabbed a record deal and a worldwide following anyway.

Several tours and several million YouTube hits later (plus more *Daily Mail* articles than any human would care to count), Boyle shows no sign of disappearing (in fact she even starred in a film last year, *The Christmas Candle*).

See her in action in Cambridge on Wednesday, April 16. Tickets cost £45 from (01223) 357851 / *www.cornex.co.uk.*

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Coming in 2014

Miles Kane
March

MILES Kane, co-frontman of The Last Shadow Puppets (alongside Arctic Monkeys' Alex Turner) and former frontman of The Rascals, is embarking on a solo tour, which is set to include a visit to Cambridge Junction.

Born in Merseyside, the 27-year-old has a serious knack for playing guitar – and going out with models (namely Agyness Deyn and Suki Waterhouse) – but it's his voice, and his rather brilliantly cut suits, that make him.

His debut solo album, *Colour of the Trap*, came out in 2011, followed by this year's widely acclaimed *Don't Forget Who You Are*; major hints of John Lennon, Liam Gallagher and Paul Weller thrown in for good measure.

Arctic Monkeys have booked him as their support act in May, so you know he must be absolutely awesome live, but this guy doesn't just have famous mates. He's got shed loads of talent too.

Catch the show on Sunday, March 30 at 7pm.

Tickets are available from (01223) 511511 / *junction.co.uk*

Lonely the Brave
February

CAMBRIDGE-born five-piece Lonely the Brave are slowly but surely taking the rock scene by storm – and have just announced they'll be playing a homecoming headline gig at Cambridge Junction in February.

Influenced by the likes of The National and Deftones, they're made up of Mark Trotter on guitar, Andrew Bushen on bass, unconventional singer David Jakes (he fronts the band from the back of the stage), Gavin "Mo" Edgeley on drums and second guitarist Joel Mason, they've got the support of Zane Lowe and Daniel P Carter and are currently on tour with Don Broco.

You'll be able to see them play the Junction on Saturday, February 8 at 8pm. Tickets cost £8 from (01223) 511511 / *junction.co.uk*

films

film of the week

MANDELA: LONG WALK TO FREEDOM
certificate 12A, 2h26m

IT'S tempting to allow the profound sense of loss that greeted the death of Nelson Mandela on December 5, 2013, to fog critical judgement of Justin Chadwick's worthy biopic.

Mandela: Long Walk To Freedom is reverential and respectful, adapted from Mandela's memoirs of the same name by Oscar-nominated screenwriter William Nicholson (*Gladiator*, *Shadowlands*). There is nothing here to desecrate the memory of the South African statesman, who was a lynchpin in the abolition of apartheid.

Equally, Chadwick's gallop through 52 years of turmoil doesn't delve into the minutiae of a flawed human being behind the myth. It's a handsomely crafted yet emotionally underwhelming skim-read of important historical footnotes. Mandela's 27-year incarceration, most of it on Robben Island, accounts for around 40 minutes of the earnest picture but feels considerably longer.

The film opens in the Xhosa village of Mandela's youth with a slow-motion tribal ritual that ushers Nelson into manhood.

We jump forward to 1942 Johannesburg, where Mandela (Idris Elba) is an idealistic lawyer, whose eyes are gradually opened to the harsh reality of an unfair justice system.

He weds nurse Evelyn Mase (Terry Pheto) and they raise a family but the marriage buckles under the strain of his increasing involvement with the African National Congress (ANC).

They divorce in 1958 as Mandela and his ANC brothers stand trial for treason – the same year he meets, courts and marries social worker Winnie Madikizela (Naomie Harris), who passionately believes in his crusade.

"If they want a war, we will give them a war," Nelson asserts, abandoning his pacifist leanings in the aftermath of the Sharpeville massacre in 1960, which results in the deaths of 69 black protesters.

The ANC begins a sabotage campaign, meeting violence with violence, and Nelson is sentenced to life in prison alongside fellow activists including Walter Sisulu (Tony Kgoroge), Ahmed Kathrada (Riaad Moosa), Raymond Mhlaba (Zolani Mkiva) and Andrew Mlangeni (Simo Mogwaza).

Culminating in Mandela's release from prison and the 1994 elections, *Long Walk To Freedom* tips its hat to key facts we already knew.

There is a heart-rending scene of Mandela receiving a telegram informing him of the death of his firstborn son Thembi in a car accident, and iconic scenes of a grey-haired Mandela and Winnie walking hand-in-hand out of Victor Verster prison.

Elba is more physically imposing than his subject but he captures the cadences of Mandela's speech and delivers rousing calls to arms with aplomb.

Harris is equally impressive as the woman who was wrenched away from her children and suffered physical and emotional abuse to break her spirit.

The 146-minute running is both too brief to summarise Mandela's entire life and too long to sustain key episodes that Nicholson chooses as his narrative.

We want less and more, and settle for something in between.

nowshowing

SAFFRON SCREEN
01799 500238
Frozen 3D (12A): Fri 2pm; Sat 2pm; Sun 2pm.
Gravity 3D (12A): Fri 5 & 8pm; Sat 5 & 8pm; Sun 5 & 8pm.
Dial M for Murder 3D (PG): Mon 8pm.

ABBEYGATE PICTUREHOUSE
Bury St Edmunds
08719025722
Mandela: Long Walk To Freedom (12A): Fri 2, 5, 7.45; Sat 2, 5, 7.45; Sun 12.00, 3, 5.15; Mon 2, 5, 7.45; Tues 2, 5, 7.45; Wed 11.30am, 2, 5, 7.45; Thu 11am, 2, 5, 7.45
All Is Lost (12A): Fri 2.30, 5.15, 8.15; Sat 2.30, 5.15, 8.15; Sun 6; Mon 2.30, 5.15, 8.15; Tues 12.00, 2.30, 5.15; Wed 11.30am, 2.30, 5.15, 8.15; Thu 2.30, 5.15, 8.15
Frozen 3D (PG): Fri 11.30am
Frozen 2D (PG): Sat 11.30am
Picturehouse Pythons, Kids Club: The Smurfs 2 2D (U): Sat 11am
Toddler Time: Olly The Little White Van 4 (U): Tues 11.30am

ELY THE MALTINGS
(01353) 616991
www.themaltingsely.com
Gone with the Wind (PG): Sun 6.15
The Hunger Games: Catching Fire (12A): Thu 7.30

HAVERHILL ARTS CENTRE
(01440) 714140
Turbo (U): Fri 10.30am
Cloudy with a Chance of Meaballs 2 (U): Fri 2.30
Philomena (12A): Mon 1.30
Hannah Arendt (12A): Mon 7.30
Philomena (12A): Tues 7.30

Designs on a new garden

IF YOU'VE had time over the festive season to leaf through those gardening book gifts, or to visit a public garden and walk off those Christmas excesses, you'll hopefully be awash with innovative ideas on designs to replicate in your own garden in the new year.

If you are redesigning an established garden, you can retain mature features, moving large shrubs and border plants to create an immediate effect. The proportion of plants and features to open space in the garden is all-important and the general rule is one-third planting to two-thirds space. You need that space to properly be able to see your garden and all its features.

by Hannah Stephenson

Yet the garden can consist of many elements. Even a small garden could incorporate a mixture of different aspects, from lawn and paving to gravel, water and pebbles. If you have a tiny garden, think about incorporating vertical planting, using climbers to bring colour and texture upwards, or make your garden seem larger with the use of mirrors.

Vertical dimension will prevent an otherwise flat area from looking boring. In a large garden, for example, tall trees will take the eye upwards, while in a medium-sized garden pergolas, arches and arbours are useful devices.

Consider using a few bold focal points to draw the eye across the garden at an angle, which can help to overcome the shortcomings of a really tiny space. Drawing the eye to focal points elsewhere can also detract attention from an unattractive object or area, rather than attempting to screen it.

If your garden is big enough to incorporate beds and borders, make sure they aren't too narrow. Too many plants end up cramped between fences and lawn in boring, straight borders which do nothing for the plants or the view. Think about introducing interesting curves to your borders to give them a more fluid feel.

The minimum width for a border should be around 1m (40in) and even with that, you'll be limited to dwarf shrubs and fairly small perennials. If your design includes three layers of planting in a bed, you'll need an area of at least 3m squared.

You may think that planting the tallest plants at the back of the border and graduating until you have the smallest plants at the front is the best way to go, but there are certain plants you can use to break with tradition.

Height in the foreground, as long as it doesn't block the line of vision, increases perspective and can make the garden seem longer. For this you can use wispy grasses such as Stipa gigantea, or perennials that produce light flower spikes such as Digitalis lutea, or see-through specimens such as Verbena bonariensis, which don't block the view of what's behind them.

Long, narrow gardens can often be improved by dividing the area into several smaller sections, using hedges, low walls, raised beds or shrub borders that extend into the garden and prevent the eye being taken in a straight line to the end. Each area might incorporate a different theme, such as scent, water, herbs or flowers.

Of course, before any project can start, consider the type of gardener you are. Do you want a low-maintenance plot, or one you can endlessly potter in? How much time will you realistically be able to spend each week maintaining that space?

Draw up a plan either on a computer or with pencil and (preferably graph or squared) paper, to make an outline of the existing garden and its dimensions. Include existing features you want to keep and potential obstacles such as manhole covers which you'll need to work around. Mark the direction of the sun, where it falls at particular times of the day and any permanent shadow. Then put tracing paper over the original plan and sketch ideas of your own, experimenting with layout and plantings, bearing in mind what the vista will look like from the house, both downstairs and upstairs.

puzzles

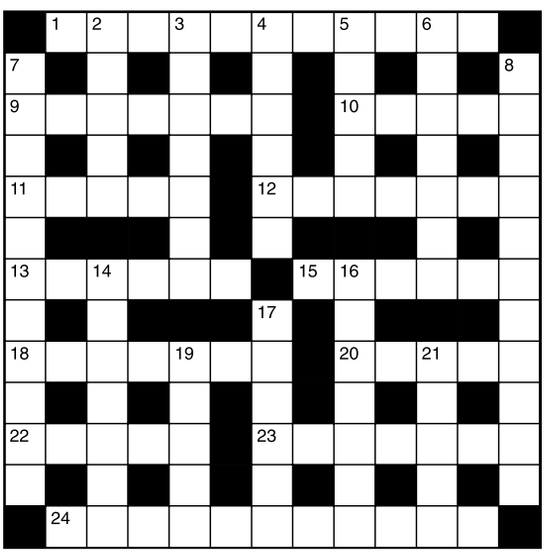
crossword

ACROSS

1. Warned Liszt to move here (11)
9. Otherwise the wise men return with one oriental art (7)
10. Russian writer dancing with a student (5)
11. Girl is finding company at the nightclub (5)
12. Cocktail, but not a Black Russian (7)
13. Was successful in the exam, working with spades (6)
15. It's very good when the Queen goes into rebuilt pubs (6)
18. The IRA came to settle in this country (7)
20. And no change for the girl (5)
22. The Spanish have ten to praise (5)
23. Continental like me, with a nervous twitch (7)
24. Surfing leap made in part of the Arabian Sea (7,4)

DOWN

2. They may be served after breaking a wrist (5)
3. What happened before high tea in the garden? (3,4)
4. Puzzle out in game (6)
5. It's not unlawful for the French prisoner to get up (5)
6. Untidy thing that is for the retiring (7)
7. Is it heard at the cricket ground when England are losing? (5,6)
8. I love to tidy up the department as a sign of peace (5,6)
14. Respect new staff (7)
16. Ruin the opening (7)
17. Criticise a mother's hat (6)
19. Some of these sound silly (5)
21. Two men from Labour? (5)



Last week's answers: Across: 1 Schnapps; 5 Ogre; 9 Aria; 10 Colossal; 11 Repel; 12 Orphans; 13 Station-wagons; 18 Averages; 19 Logs; 20 Naivete; 21 Shore; 22 Days; 23 Stendhal. Down: 2 Current; 3 Nearest; 4 Pronouncement; 6 Gestapo; 7 Enlists; 8 Hoopla; 13 Stained; 14 Amenity; 15 Isabel; 16 Galahad; 17 Nigeria.

sudoku

6	5			9				1
			3				6	
1			5	6		4		
8	7						5	4
			1		2			3
9	3			5			8	2
		9		4	3			6
	6					2		
		4		7			3	9

Last week's answer:

7	8	1	6	2	5	9	3	4
9	4	3	7	1	8	2	6	5
6	5	2	9	3	4	8	1	7
8	3	4	5	9	1	7	2	6
2	6	5	8	4	7	1	9	3
1	7	9	3	6	2	5	4	8
5	9	6	2	8	3	4	7	1
4	2	8	1	7	6	3	5	9
3	1	7	4	5	9	6	8	2

niner

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters

1	2	3	4	5	6	7	8	9

The clues

641 gives a meat
5248 gives a fruit
57343729 gives vegetables

Last week's answer:
MODULATES

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the GUIDE

weekend television

SATURDAY

BBC1

6.00am Breakfast. 10.00 Saturday Kitchen Live. 11.30 Food & Drink. 12.00pm Football Focus. 12.45 Saturday Sportsday. 1.00 BBC News; Regional News; Weather. **1.15 Bargain Hunt. 1.45 Escape to the Country. 2.30 Live Darts: BDO World Championships.** Coverage of the opening day of the tournament. **4.30 Final Score. 5.10 Frozen Planet.**

6.10 **BBC News;** Regional News; Weather.

6.30 **Celebrity Mastermind.**

7.00 **Pointless Celebrities.** Featuring actors from Grange Hill, Waterloo Road and The Demon Headmaster.

7.50 **The National Lottery: Who Dares Wins.** New series. Game show in which strangers pair up to win money.

8.40 **Casualty.** Fletch witnesses an explosion at a bar.

9.30 **Catherine Tate's Nan.**

10.05 **BBC News;** Weather.

10.25 **FILM: Little Fockers (2010)** Premiere. Comedy sequel, starring Ben Stiller and Robert De Niro; National Lottery Update.

11.55 **FILM: Romance & Cigarettes (2005).** Musical drama, starring James Gandolfini, Susan Sarandon and Kate Winslet.

1.35am Weatherview. 1.40 BBC News.

BBC2

6.05am FILM: My Fake Fiance (2009). Romantic comedy, with Melissa Joan Hart and Joseph Lawrence. **7.30 FILM: Stick It (2006).** Sporting comedy, starring Missy Peregrym and Jeff Bridges. **9.10 Life on Earth. 11.00 Fred Dibnah's Made in Britain. 11.30 Great British Railway Journeys. 12.00pm Paul Hollywood's Pies & Puds. 1.30 FILM: The Horse Whisperer (1998).** Drama, starring Robert Redford. **4.10 Coast. 4.30 Live Darts: BDO World Championships.** Further coverage of the opening day of the tournament. **5.30 James May's Toy Stories: The Motorcycle Diary.**

6.30 **Flog It!**

7.30 **Dad's Army.** Godfrey is accused of cowardice.

8.00 **Morecambe & Wise: Leading Ladies.** Female stars who appeared on the comedy duo's shows.

9.00 **Dave Allen: God's Own Comedian.** A look at the life, career and legacy of the Irish writer and performer.

10.00 **Dave Allen: The Immaculate Selection.** Memorable routines by the comedian.

11.00 **Dave Allen in Search of the English Eccentric.**

11.55 **Darts: BDO World Championships.**

12.45am Darts Extra. 2.45 This Is BBC2.

ITV

6.00am CITV. 9.25 ITV News. 9.30 Dinner Date. 10.25 Murder, She Wrote. 11.25 ITV News and Weather; Weather. **11.35 The Chase. 12.40pm Midsomer Murders. 2.45 Show Me the Telly. 3.45 You've Been Framed! 4.15 ITV News Anglia;** Weather. **4.30 ITV News and Weather. 4.45 Live FA Cup Football.** Arsenal v Tottenham Hotspur (Kick-off 5.15pm).

7.20 **Splash!** New series. Vernon Kay and Gabby Logan return with the celebrity diving contest, challenging a new line-up of stars to jump in at the deep end under the guidance of Tom Daley.

8.50 **Take Me Out.** New series. An IT consultant, an entrepreneur, a daredevil dad and a student try to impress 30 single women and win a date to the Isle of Fernandos.

9.50 **The Jonathan Ross Show.** New series. The host invites comedienne Jennifer Saunders, Bond girl Naomie Harris, jazz star Jamie Cullum and Take Me Out host Paddy McGuinness to his famous green room.

10.50 **ITV News and Weather;** Weather.

11.05 **FA Cup Football Highlights.**

12.35am Jackpot247. 3.00 Ladette to Lady: Australia. 3.45 ITV Nightscreen.

CHANNEL 4

6.00am The Treacle People. 6.10 Little Wolf's Book of Badness. 6.35 FILM: Arctic Tale (2007). Documentary on Arctic wildlife. **8.00 The Morning Line. 9.00 The American Football Show. 10.00 How I Met Your Mother. 11.00 The Big Bang Theory. 12.00pm The Simpsons. 12.30 Jamie's Festive Feast. 1.30 Channel 4 Racing.** Live coverage from Sandown Park and Wincanton. **4.00 Come Dine with Me.**

6.35 **Channel 4 News.**

7.00 **Speed with Guy Martin.** The motorcycle racer takes part in four adrenaline-fuelled challenges, beginning with an attempt to break the British record for outright speed on a bicycle.

8.00 **New Secrets of the Terracotta Warriors – Secret History.** Recent discoveries about China's Terracotta Army sculptures, unearthed in 1974.

9.00 **FILM: Robin Hood (2010).** Medieval adventure, with Russell Crowe and Cate Blanchett.

11.45 **Charlie Brooker's How Videogames Changed the World.** The broadcaster delves into the history of the games industry.

1.40am Fresh Meat. 2.25 Hollyoaks. 4.30 Suburgatory. 4.50 90210. 5.35 Deal or No Deal.

CHANNEL 5

6.00am Milkshake! 10.00 Power Rangers: Megaforce. 10.35 Slugterra. 11.00 Jungle Babies: Tarsier Tails. 11.30 Celebrity Big Brother: Live Launch. 1.25pm FILM: Columbo: Try and Catch Me (1977). Crime drama, starring Peter Falk. **3.00 FILM: Columbo: A Case of Immunity (1975).** Detective drama, starring Peter Falk. **4.25 Diagnosis Murder.**

6.20 **Mr & Mrs Murder.**

7.10 **CSI: Crime Scene Investigation.** Two siblings confess to a schoolgirl's murder.

8.00 **NCIS.** The team tries to prove Ziva had nothing to do with a political assassination carried out by her former Mossad partner – but has to tackle the case without Gibbs's guidance.

9.55 **5 News Weekend.**

10.00 **Celebrity Big Brother.** Highlights of the famous housemates' past 24 hours.

11.00 **Celebrity Big Brother's Bit on the Psych.** New series. Psychological analysis of the housemates' behaviour.

12.00am SuperCasino. Live interactive gaming. **3.05 True CSI. 4.00 Wildlife SOS. 4.20 Make It Big. 4.50 Roary the Racing Car. 5.00 Angels of Jarm. 5.10 Hana's Helpline. 5.20 Angels of Jarm. 5.25 The Funky Valley Show. 5.40 Roary the Racing Car. 5.50 Hana's Helpline.**

Catherine Tate's Nan, Saturday, BBC1, 9.30pm

Dave Allen: God's Own Comedian, Saturday, BBC2, 9pm

Dancing on Ice, Sunday, ITV, 8.30pm

Speed with Guy Martin, Sunday, Channel 4, 8pm

SUNDAY

BBC1

6.00am Breakfast. 9.00 The Andrew Marr Show. 10.00 The Big Questions. 11.00 Homes Under the Hammer. 12.00pm Bargain Hunt. 1.00 BBC News; Weather. **1.15 Moving On. 2.00 Escape to the Country. 2.45 Helicopter Heroes. 3.15 That Puppet Game Show. 4.00 Songs of Praise. 4.35 Dolphins – Spy in the Pod. 5.35 BBC News;** Regional News; Weather.

6.00 **Countryfile.**

7.00 **Celebrity Mastermind.** With Fred MacAulay, Mark Billingham, Georgia Henshaw and Charles Collingwood.

7.30 **Antiques Roadshow.** From the Royal Ballet School in Richmond Park, London.

8.30 **Sherlock.** The brooding detective is kept busy as best man on John and Mary's wedding day – but it soon turns out his duties involve stopping a killer who is stalking the reception.

10.00 **BBC News;** Regional News; Weather.

10.25 **Mrs Brown's Boys New Year Special.** The doting mother gets a new house guest – a homeless parrot.

11.05 **FILM: Good Will Hunting (1997).** Drama, starring Matt Damon, Robin Williams and Minnie Driver.

1.05am Weatherview. 1.10 BBC News.

BBC2

6.00am This Is BBC2. 6.10 FILM: Odette (1950). Fact-based Second World War drama, with Anna Neagle. **8.05 Monty Don's French Gardens. 9.05 Countryfile. 10.00 Saturday Kitchen Best Bites. 11.30 Paul Hollywood's Pies & Puds. 1.00pm Live Darts: BDO World Championships.** Coverage of the second day of the tournament. **5.00 Ski Sunday. 5.45 FILM: Catch Me If You Can (2002).** Drama, starring Leonardo DiCaprio and Tom Hanks.

8.00 **Nature's Weirdest Events.** Bears turning to a life of crime and fish attacking birds on land. Last in the series.

9.00 **Operation Grand Canyon with Dan Snow.** Part one of two. The historian joins a team recreating a pioneering 280-mile expedition through the natural wonder that was led by explorer John Wesley Powell in 1869.

10.00 **Charlie Brooker's 2013 Wipe.** A satirical look back at the past 12 months.

11.00 **Darts: BDO World Championships.** Action from the second day at the Lakeside Country Club.

11.50 **Darts Extra.** Day two of the BDO World Championships.

1.50am Sign Zone: Countryfile. 2.45 Sign Zone: Holby City. 3.45 This Is BBC2.

ITV

6.00am CITV. 9.25 FA Cup Football Highlights. 10.55 The Unforgettable Leonard Rossiter. 11.25 ITV News and Weather; Weather. **11.30 Live FA Cup Football.** Nottingham Forest v West Ham United (Kick-off 12.00pm). **2.15pm The Cube. 3.15 Splash! 4.45 The Celebrity Chase. 5.45 ITV News Anglia;** Weather.

6.00 **ITV News and Weather.**

6.15 **Dancing on Ice.**

7.45 **All Star Family Fortunes.** With Kimberley Walsh and Wayne Sleep.

8.30 **Dancing on Ice: The Skate Off.** New series. A double elimination.

9.00 **All New It'll Be Alright on the Night.** Griff Rhys Jones presents a collection of TV bloopers, featuring moments from Coronation Street, Emmerdale and Dancing on Ice, as well as never-before-seen royal clangers.

10.00 **ITV News at Ten and Weather;** Weather.

10.15 **Birds of a Feather.** ITV's revival of the hit BBC sitcom.

10.45 **FA Cup Football Highlights.** Action from today's third-round matches.

11.45 **Premiership Rugby Union.**

12.40am The Store. 2.40 The Jeremy Kyle Show USA. 4.05 ITV Nightscreen. 5.05 The Jeremy Kyle Show.

CHANNEL 4

6.30am FILM: Barnyard (2006). Animated comedy, with the voice of Kevin James. **8.00 Everybody Loves Raymond. 8.30 Frasier. 9.30 Sunday Brunch. 12.30pm How I Met Your Mother. 1.30 The Big Bang Theory. 2.30 The Simpsons. 3.30 FILM: Edward Scissorhands (1990).** Tim Burton's fantasy, starring Johnny Depp and Winona Ryder. **5.35 Channel 4 News.**

6.05 **Deal or No Deal.**

7.00 **Shipping Wars.** Documentary following delivery firms that cater for the eBay generation, picking up and dropping off a wide range of complicated, seemingly un-shippable loads.

8.00 **Speed with Guy Martin.** The racer attempts to set the world record for riding a motorcycle on water.

9.00 **FILM: Bad Teacher (2011).** Premiere. Comedy, starring Cameron Diaz and Justin Timberlake.

10.50 **Rude Tube: Welcome to 2014.** Alex Zane welcomes in the New Year with 100 internet clips.

12.55am FILM: Waltz with Bashir (2008). Animated documentary, directed by Ari Folman. **2.30 Coming Up. 3.00 How Not to Get Old. 3.55 Phil Spencer: Secret Agent. 4.50 Deal or No Deal. 5.45 Baking Mad with Eric Lanlard.**

CHANNEL 5

6.00am Milkshake! 10.00 Power Rangers: Super Samurai. 10.35 Slugterra. 11.00 Jungle Babies: Tarsier Tails. 11.30 Celebrity Big Brother. 12.30pm Cowboy Builders. 1.30 FILM: Grounded (2006). Family comedy, starring Lewis Black. **3.15 FILM: Along Came Polly (2004).** Romantic comedy, starring Ben Stiller and Jennifer Aniston. **4.55 FILM: Made of Honor (2008).** Romantic comedy, starring Patrick Dempsey.

6.40 **FILM: Miss Congeniality 2: Armed and Fabulous (2005).** Comedy sequel, starring Sandra Bullock.

8.55 **5 News Weekend.**

9.00 **Celebrity Big Brother.** The ups and downs of life in the BB house as friendships and alliances are made, battle lines are drawn and arguments erupt.

10.00 **Most Shocking Celebrity Moments 2013.** Countdown of the year's biggest showbusiness stories and scandals, including Justin Bieber's troubles and Miley Cyrus's controversial performance at the VMAs.

12.55am SuperCasino. 3.05 True CSI. 4.00 Wildlife SOS. 4.20 Make It Big. 4.50 Roary the Racing Car. 5.00 Angels of Jarm. 5.05 Hana's Helpline. 5.20 Angels of Jarm. 5.25 The Funky Valley Show. 5.40 Roary the Racing Car. 5.50 Hana's Helpline.

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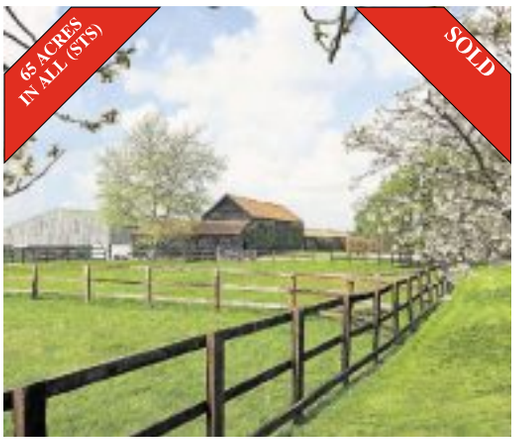

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People Property Places

Your Guide to Moving Home

Moving home can be a complicated business and in the hectic run up to the big day it is all too easy to forget something vital. The team offers their readers this handy checklist to help avoid any major pitfalls. We suggest you tick them off as you go....

1 4–2 WEEKS TO GO:

- ❑ **Packing** – start packing and sorting through your belongings. Now is a good time to de-clutter and pack items rarely used. Make sure you have plenty of sturdy boxes, bubble wrap and sticky tape.
- ❑ **Removal companies** – get estimates from removal companies, checking that comprehensive insurance cover is available against damage or loss. Is there a packing and unpacking service? Confirm the date of your move with the firm you have chosen.
- ❑ **Insurance** – check on your home contents insurance policies to ensure that you are covered for the move, and covered at your new address.
- ❑ **Utilities** – make arrangements for your gas and electricity meters (plus water meters where relevant) to be read and all your appliances to be disconnected on the day of your move. Arrange to take over gas and electricity at your new address, and make sure that all appliances will be properly fitted, plumbed or connected.
- ❑ **Telecommunications** – Notify your telephone and broadband provider and ask them to make the necessary arrangements for a final account at your present address, and for taking over or installing telephone and broadband facilities at your new home.
- ❑ **Post** – Look into re-directing your post for a few months to make sure you receive all relevant correspondence.
- ❑ **Children** – Look into the possibility of your children, especially young children, staying with family or friends on the day of the move.
- ❑ **Pets** – Make arrangements for any pets to be booked into a cattery or kennels if required. Having your pets microchipped is a good idea and if already microchipped, have the address changed to your new one. Your vet can advise on this.

2

Change of address – tell companies and organisations that you are moving!

Notify:

- ❑ Employer
- ❑ Inland revenue
- ❑ Local council
- ❑ Banks or Building Societies
- ❑ Credit companies, store cards & other accounts
- ❑ Gas, Electricity and water boards
- ❑ Insurance companies
- ❑ Land / mobile phones
- ❑ Internet and cable / satellite TV providers
- ❑ Doctor, Dentist and Opticians
- ❑ DVLA
- ❑ Veterinary surgery
- ❑ TV Licensing

3 1 WEEK TO GO:

- ❑ **Delivery address** – change delivery address of your Cambridge News, milk, groceries and fuel to your new address as appropriate.
- ❑ **Laundry** – do any last minute laundry that you can – have you arranged for a plumber to disconnect your washing machine correctly?
- ❑ **Kitchen cupboards** – go through your kitchen cupboards and throw out anything not in date. Also check that all jars and bottles are correctly sealed before packing.
- ❑ **Fridges / Freezers** – empty and clean out in preparation for moving. If you are moving a freezer and its contents, turn it up to maximum for a couple of days before you move.
- ❑ **Valuables / documents** – put these in safe place for moving day

4 2–1 DAYS TO GO:

- ❑ **Packing** – pack a bag for overnight essentials and toiletries and finish all remaining packing into boxes. Remember to label which room each box is destined for.
- ❑ **Snack box** – pack a box for the kitchen to include essentials like tea, coffee and sugar, as well as the kettle and mugs! Also include other snacks as necessary.
- ❑ **Dismantle and disconnect** – take down curtains, fixtures and fittings and disconnect white goods ready for transport.
- ❑ **Outdoor items** – make sure that these are stacked together and ready to be moved.
- ❑ **Mobile** – place your mobile on charge the night before moving and ensure that all relevant people have your number.

5 ON MOVING DAY:

AT YOUR OLD ADDRESS:

- ❑ Strip beds and pack bedding and nightclothes.
- ❑ Finish packing toiletries box.
- ❑ Direct removal firm personnel or friends helping you move as to what needs to be done.
- ❑ Turn off electric appliances.
- ❑ Disconnect cooker.
- ❑ Turn off boiler / central heating.
- ❑ Turn off water.
- ❑ Read gas meter.
- ❑ Read electricity meter.
- ❑ Secure all windows.
- ❑ Lock all doors.
- ❑ Make final checks and leave key as arranged with new owners.

AT YOUR NEW HOME:

- ❑ Open up & have a look around the new house.
- ❑ Locate fuse box, gas and electric meter and stop cock for reference.
- ❑ Take readings on gas, electric and water meters as appropriate.
- ❑ Organise the direction of boxes to appropriate rooms.
- ❑ Check the van after all is unloaded.
- ❑ Make the beds up for the evening.
- ❑ Sit down and relax – unpack the other boxes the next day.

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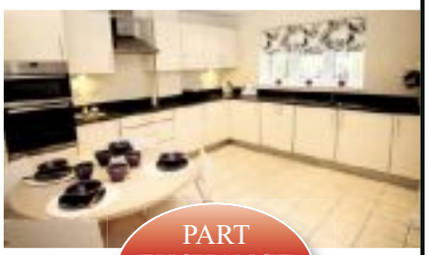

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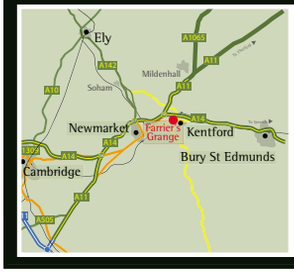

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WESTLIFE were in concert after racing at Newmarket Race Course, August 13th 2010. I am looking for the race card from that evening (has picture of Westlife on cover) good price paid depending on condition. Contact Jon, text/call: 07917 806497

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Rugby union

Newmarket seal Vase progress

NEWMARKET booked their place in round four of the Junior Vase after overcoming Royston 10-5 at home in a close-fought encounter.

The conditions meant it was never going to be a day for expansive, running rugby, while Newmarket had also made several changes to their side.

A Michael Reeves penalty saw them 3-0 ahead at the interval, although another penalty was missed just before the whistle to end the first half sounded.

Royston had two men sent to the sin bin during the first 40 minutes and Newmarket's Richard Harper was also yellow carded soon after the restart.

But they pushed further ahead when No 8 Ali Walker picked up the ball from the base of a scrum and powered over, with Reeves kicking the touchline conversion.

Royston managed to get on the board with an unconverted score and created several more chances, but Newmarket's defence kept them at bay as they progressed to the next stage.

Newmarket first-team manager Gareth Godfrey admitted it was not a great performance, but was happy just to still be involved in the Vase.

"The best thing you can say about the game is that we won," said Godfrey.

"A win is a win in the cup. At the start of December, we were targeting three wins out of three and we've got them, and we're top of the league and into the next round of the cup.

"This game came on the back of two very hyped league matches and we seemed to be a bit flat in this one."

He added: "We've been in the divisional final a few times, but never won it. We'd like to get through that and be involved in the national stages."

DISTRIBUTION: Newmarket's Harvey Bell tries to make a pass against Royston

Football: Thurlow Nunn League

Thetford are no match for impressive Jockeys

NEWMARKET Town ran out comfortable 3-0 winners at Thetford Town in the Thurlow Nunn League, Premier Division on Saturday.

An own goal and a Jake Wayne strike put them 2-0 up at half time, with Lee Clift sealing the win with a shot from a tight angle five minutes from time.

Mildenhall Town boss Christian Appleford was left to rue some key absences as his team went down to a 1-0 loss at Norwich United.

Neither side was able to create many clear chances throughout the 90 minutes but despite having just one recognised central midfielder, Alex Steed, the visitors gave a good account of themselves.

They appeared to be on course for a point until the final 10 minutes when a slip in midfield allowed the hosts to run through and score.

"It was a bit disappointing," said Appleford.

"We played quite well but lacked a bit of quality to create something in the final third."

ON TARGET: Jake Wayne scored in Newmarket's 3-0 victory over Thetford

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